

DIALECTICAL BEHAVIOUR THERAPY SKILLS GROUP FOR PARENTS AND ADOLESCENTS



- Does your adolescent have mood swings?
- Does your adolescent act impulsively, or have difficulty managing their behaviours?
- Might your adolescent have self-harmed or even thought about suicide?
- Join your child in a Dialectical Behaviour Therapy (DBT) group where you both learn skills that may be helpful.

DBT is an evidence-based therapy that has been shown to work for individuals who experience extremes of emotions and often have turbulent interpersonal relationships.

The emphasis of a DBT skills group is on learning skills for emotion regulation.



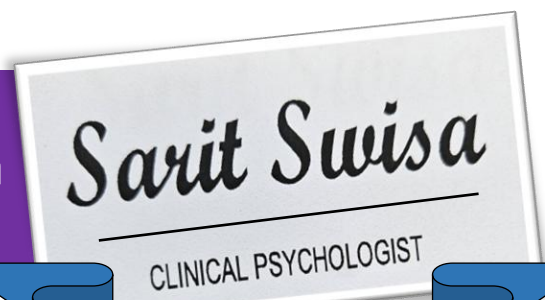
Daniel is a DBT-Linehan Board of Certification, Certified Clinician™

Discover how DBT can help your child's emotion regulation in a supportive, engaging skills group setting.

This unique programme is designed for both **parents and children** to learn DBT skills together, strengthening communication and emotional regulation at home and school.

Let's build the optimal life for your child, together.

In partnership with



Sarit has had extensive experience as a family therapist in an inpatient adolescent programme

Dialectical behaviour therapy (DBT) is an **evidence-based therapy**, meaning it has been shown to work for individuals who experience extreme and intense emotions, and tumultuous interpersonal relationships.

The emphasis of a DBT skills group session is to **learn various skills** to regulate emotions.

**DIALECTICAL BEHAVIOUR THERAPY
SKILLS GROUP**
TUESDAYS 18h00 to 20h00 FROM 29 JULY 2025
SEA POINT HIGH SCHOOL, ENTRANCE NORFOLK ROAD

HOW LONG IS THE COURSE?

There are eight Tuesday sessions from 18h00 to 20h00 sharp. These eight sessions are divided into four modules each:

1. Mindfulness; 2. Distress Tolerance; 3. Emotion Regulation; and 4. Interpersonal Effectiveness. To complete the course, you are required to complete all eight sessions consecutively. Each module repeats some of the components of the previous module to encourage you and your adolescent to remember the content. DBT is all about repetition and retention of the information and then implementing it into their daily life.

HOW MANY SESSIONS MUST YOU ATTEND?

Once you have committed to the Tuesday sessions, both parents and your adolescent are encouraged to attend every Tuesday session for eight weeks. This is your commitment to the DBT course. The Tuesday sessions are 'closed' groups, meaning that we wait for at least six families to join the group before commencing the eight-week cycle. The Tuesday sessions may not be directly consecutive. For example, due to public holidays, or other reasons based on group consensus, we may skip a week.

HOW DOES DBT WORK?

The DBT sessions will work if you and your adolescent put in the effort. What you put in is what you get out. There is no magic bullet here. The idea is to practice new behaviours.

WHAT HAPPENS IN A DBT SESSION?

Usually, we devote an hour of the session to reviewing your behaviours at home and revising the skills learned from the previous session. We track your improvement by way of a diary chart, which is a way of helping you, your child, and the group facilitators to understand what worked and what still needs to be worked on. We devote the other hour of the session to teaching new skills, which is an essential part of learning how to change behaviours and regulate emotions.



WELCOME TO DBT

We are excited that you are considering the dialectical behaviour therapy course. The course takes place on Tuesdays, 18h00 to 20h00. Once you have committed to the Tuesday sessions, both parents and your adolescent are encouraged to attend every Tuesday for eight consecutive weeks.

The course consists of the following sessions:

~1~

One individual session in which both parents introduce yourselves, and then introduce your adolescent to us. You are required to set up this session to introduce you and your adolescent to DBT, and to your therapists, and to give you an idea of what to expect in the course.

~2~

There are eight consecutive group sessions facilitated by your two therapists. There are always two therapists in the room to ensure everyone in the room is given sufficient attention.

I'M INTERESTED!

NOW WHAT?

COST OF THE SESSIONS

The fee for the commitment session is R1,645 for the family payable immediately after the individual appointment. The fee for the eight group sessions per family is R5,000 payable before the first session, and another R5,000 payable after the eight weeks. Therefore, the total sum of the course per family you will be paying is **R11,645 inclusive of the commitment session**. You are liable for the full amount of the DBT course regardless of whether you attend the full course or not. This is because the DBT course is not charged a per-session rate but rather as a course that you pay as a whole. Of course, non-attendance of sessions is regarded as a lack of commitment to behavioural change and may be raised by the course



EMAIL US TO BOOK YOUR PLACE

Email. danielpsychologist@gmail.com (or call 021 286 9310)

For more information, visit www.danielpsychologist.com

BANK ACCOUNT DETAILS

1168787718

Branch: 679000

Reference: Surname DBTG02025

Bank Account
Discovery Bank
Daniel Rabinowitz
Savings Account
Account Number: 1168787718
Branch: 679000

Reference: Surname DBTKIDS

8-WEEK PROGRAMME

DBT MODULES

COMMITMENT SESSION 1 hour Individual Counselling

SESSION 1
2 hours
What is DBT?
Validation and Diary Card
Mindfulness 1

SESSION 2
2 hours
Emotion Regulation 1

SESSION 3
2 hours
Emotion Regulation 2

SESSION 4
2 hours
Mindfulness 2

SESSION 5
2 hours
Distress Tolerance 1

SESSION 6
2 hours
Distress Tolerance 2

SESSION 7
2 hours
Interpersonal
Effectiveness 1

Session 8
2 hours
Interpersonal
Effectiveness 2

You may wish to repeat the DBT course of eight sessions as you and your child continue to learn skills.

In our experience, repeating the course helps you to solidify the DBT skills and to reinforce the modules.

